



# Carlisle Connection

October 2013



Carlisle Council On Aging Serving Carlisle's 60+ Community

66 Westford Street, Carlisle, MA 01741

COA Official Town website:

<http://www.carlislema.gov>

Friends of COA: <http://www.carlisle.org/foccoa>

## From the Director -

## YOUR IDEAS WANTED

The COA is looking at our planning for the next five years and would like your feedback on two basic questions. 1) What new programs or services you would like to see added? 2) What current programs or services would you like to see expanded or enhanced? I would greatly appreciate your response. Please email to [coadmin@carlisle.mec.edu](mailto:coadmin@carlisle.mec.edu), or send or drop-off a paper version to the COA office. Please include the following information: Name \_\_\_\_\_ (optional), Phone \_\_\_\_\_ (optional), Age \_\_\_\_\_ (please list your age even if you are not leaving your contact information).

Best Wishes, David



## COA Luncheon Thursday, Oct 17, 11:45 am



Please join us at FRS and enjoy the company of your senior friends and neighbors. This delicious lunch is run by our wonderful team of COA Volunteers headed by Verna Gilbert. Menu: Pizza, salad, desserts, hot and cold drinks. Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on October 11.

**For your entertainment:** After lunch, John Moon, Director of Programs and Communications for NEADS/ Dogs for Deaf and Disabled Americans and the amazing Rainbow will provide us with information on how NEADS train and provide canine assistance for people who are deaf or physically disabled. Assistance dogs become an extension of their handlers and bring freedom, physical autonomy and relief from social isolation to their human partners. Shuttle available, see page 3.



## IMPORTANT: MEDICARE OPEN ENROLLMENT DATES!

**Medicare open enrollment starts on October 15 and ends on December 7.**

The SHINE program at Minuteman Senior Services will present all the Medicare changes for this year and answer questions at the ***Sleeper Room at Village Court*** on **Thursday, October 24 at 10 am.** ***Please RSVP to the Carlisle COA by calling (978) 371-2895 by Thursday, October 17 by noon.*** SHINE (Serving the Health Insurance Needs of Everyone) provides accurate, unbiased information regarding health insurance and prescription drug options through community education and free, confidential counseling. Minuteman Senior Services helps seniors and people with disabilities live in the setting of their choice. For more information, call toll-free (888) 222-6171 or visit [www.minutemansenior.org](http://www.minutemansenior.org).

### CARLISLE COA OFFICE HOURS

Monday 9am - 5pm  
Tues - Thu 9am - 3pm  
Friday 9am - 1pm

(978) 371-2895 Office  
(978) 371-6690 Van line  
(978) 371-6693 Director

### COA Staff

**Director** David Klein  
[coadirector@carlisle.mec.edu](mailto:coadirector@carlisle.mec.edu)  
**Outreach Coordinator** Angela Smith  
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**Transportation Coord.** Debbie Farrell  
[coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)  
**Admin. Assist.** Marna Sorenson  
[coadmin@carlisle.mec.edu](mailto:coadmin@carlisle.mec.edu)  
**LICSW** Peter Cullinane

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# OCTOBER 2013

SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: inside walking-M-F 6:45-7:30am Carlisle Public school.	<b>1</b> Poetry Group 10am Zumba-10:45am St Irene Perkins Braille and Talking books -1:30pm Gleason Public Library Tai Chi-3:00pm St Irene	<b>2</b> COA Coffee & BP 9am Sleeper Room Immigration Series, 1:30pm Gleason Library Hollis Rm	<b>3</b> Fitness - 9:45am Cardio - 10:45am Chelmsford Crossing Lunch St Irene-12 noon, BP 11:30am Intergenerational Tap 1:00pm FRS	<b>4</b> Grocery Shopping – VC 9am SAMA-10:45am	<b>5</b>
<b>6</b>	<b>7</b> Yoga – 9:30am Book Club- 10:15am Hollis Rm Library	<b>8</b> Zumba-10:45am St Irene Minuteman Regional Tech lunch- 11:45am Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	<b>9</b> Immigration Series, 1:30pm Gleason Library Hollis Rm Caregiver Support Group 3:30 Gleason Library Hollis Rm	<b>10</b> Men's breakfast & BP 8am Sleeper Room Fitness - 9:45am Cardio - 10:45am Intergenerational Tap 1:00pm FRS	<b>11</b> Grocery Shopping – VC 9am SAMA - 10:45am	<b>12</b>
<b>13</b>	<b>14 COA CLOSED</b>  <b>COLUMBUS DAY</b> 	<b>15</b> Zumba-10:45am St Irene Medical Home Oxygen 1:30pm Gleason Public Library Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	<b>16</b> <b>Enjoy the beautiful Fall Foliage!</b> 	<b>17</b> Outside walking-9:30am Center Park Fitness - 9:45am Cardio - 10:45am COA Lunch -11:45am FRS followed by NEADS/Dogs for Deaf and disabled, BP 11-11:45 am KISS knit- 7:30pm	<b>18</b> Grocery Shopping –VC 9am Flu Clinic Town Hall-10-12:00am	<b>19</b>
<b>20</b>	<b>21</b> Yoga – 9:30am Restaurant Review- Bamboo, VC11:10am, CC11:15am	<b>22</b> Zumba-10:45am St Irene Hearing Screening Town Hall by appointment Ballroom Dance 2:00pm St Irene Tai Chi-3:00pm St Irene	<b>23</b> American Music Theater 1:30pm Gleason Public Library Hollis Rm	<b>24</b> Outside walking-9:30am Center Park Newport Dinner Train-VC 8:45am, CC 9:00am Fitness - 9:45am Medicare Changes 10:00am Sleeper Rm Cardio10:45am Intergenerational Tap 1:00pm FRS	<b>25</b> Grocery Shopping – VC 9am SAMA-10:45am	<b>26</b>
<b>27</b>	<b>28</b> Yoga – 9:30am Sr. Moments & BP at Ferns 9:30am	<b>29</b> Zumba-10:45am St Irene Ballroom dance 2:00pm St Irene Tai Chi-3:00pm St Irene	<b>30</b> Nashoba Tech Qtrly Breakfast 9:00am American Music Theater 1:30pm Gleason Public Library Hollis Rm	<b>31</b> Outside walking-9:30am Center Park Fitness - 9:45am Halloween Parade 10:30am Village Court Cardio - 10:45am Intergenerational Tap 1:00pm FRS		



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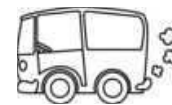
## **TRANSPORTATION / TRIPS**



### **Do you have errands, need to go to the DMV, medical appointments or shopping?**

The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

COA Van Dreams



**Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)**

**DONATIONS/FEES\*** are as follows: Within Carlisle rides or Friday shopping trips-no charge; within 15 mile rides, suggested donation \$2, Van Trips over 15 miles away \$5. \*Parking fees are the responsibility of the rider.

**Van Pick-up for the FRS monthly lunches**— Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

### **Newport Dinner Train, Thursday, October 24**

Join us for a 2 ½ hour scenic ride on the Newport Dinner Train – The choices for the lunch menu are: Baby Back Ribs, Chicken Forestiere, Filet of Sole. Price is \$44.88 per person and includes meals, tax & gratuity. Register by October 10 with meal selection. Send check made out to Carlisle COA to Joanne Willens (978) 371-8023 at 145 Church Street unit B-12, Carlisle. \$5 van fee. Leave VC at 8:45am, CC at 9:00am. Returns around 4:00pm.

### **Stoneham Theater “Jekyll & Hyde”-**

### **Wednesday, November 6**

Ticket price \$15.00. Make checks out to Carlisle COA. Call Joanne Willens at (978) 371-8023 to register. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4pm.

### **Newport Playhouse – Lunch & Play “A Perfect Wedding” Wednesday, November 13**

Ticket price \$46.00. Send check to Joanne Willens (978) 371-8023, made out to Carlisle COA, 145 Church Street Unit B-12, Carlisle. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.

### **Merrimack Outlets in NH,**

### **Tuesday, November 19**

Tuesday is “Senior Day” & No tax! Lunch on your own. Deadline for registration Nov. 11. Call Joanne Willens to register (978) 371-8023. \$5 van fee. Leave VC at 9:00am & CC at 9:15am.

### **Newport Playhouse – Lunch & Play “Angel On My Shoulder” Wednesday, December 11**

Ticket price \$46.00. Send check to Joanne Willens (978) 371-8023, made out to Carlisle COA, 145 Church Street Unit B-12, Carlisle. \$5 van fee. Leave VC at 8:45am & CC at 9:00am return around 4 pm.

### **Medical appointments**

Call at least 2 days in advance if possible.

We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency care.

### **Local grocery /Shopping trips**



Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to the new Market Basket in Westford. Call the van line to make reservations (978) 371-6690. Van leaves VC at 9:00am.

### **Restaurant Reviews**



### **Bamboo in Westford, Monday, October 21**

Join us as we return to Bamboo Restaurant in Westford for a delicious Asian meal and good company.

### **Fishbones in Chelmsford, Monday, November 4**

Fishbones is a wonderful seafood restaurant that is sure to please everyone. Plan to join us for good food and great company!

Call Joanne Willens at (978) 371-8023 to register. Deadline is October 15 for Bamboo, October 29 for Fishbones. \$2 van fee. Leave VC at 11:10am, CC at 11:15am, return around 2pm.

### **October Thought**



“Life is like a camera!  
Focus on what’s important.  
Capture the good times.  
Develop from the negatives.  
And if things don’t work out, take another shot!”

### **October Chuckle**



Employer to applicant: "In this job we need someone who is responsible."

Applicant: "I'm the one you want. On my last job, every time anything went wrong, they said I was responsible."



## **FOR YOUR HEALTH!**



### **Free Blood Pressure Clinics**

**Wednesday, October 2, 9am** Sleeper Room, COA Coffee, sponsored by Life Care Center of Nashoba Valley.

**Thursday, October 3, 11:30am, Chelmsford Crossing Lunch**, sponsored by Chelmsford Crossing.

**Thursday, October 10, 8am, Sleeper Room, Mens Breakfast**, sponsored by Home Instead.

**Thursday, October 17, 11:00am**, COA monthly lunch, FRS, sponsored by FCOA and Emerson Home Care.

**Monday, October 28, 9:30am, Ferns, Senior Moments**, sponsored by Right at Home.

### **Podiatry Clinic**

**Tuesday, November 5, 9am**, Sleeper Room at Village Court.

Call the COA (978) 371-2895 to make an appointment.

**Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."



### **EXERCISE CLASSES - Mind & Body**

*NOTE: To sign up for the following programs, please call the COA office at (978) 371-2895. Stop in and try a class/day for free (except yoga)! New members are welcome. Make check payable to Carlisle COA unless otherwise noted.*

#### **FITNESS CLASS - Thursdays October 3, 10, 17, 24, 31 (Clark Rm at Town Hall) at 9:45am**

Instructor: Katrina Rotondi. Great for all ability levels, and may be done in a chair. Wear comfortable clothes, bring hand weights. **Fee:** \$40 (Sept-Nov)

#### **CARDIO-BOOST CLASS - Thursdays October 3, 10, 17, 24, 31 (Congregational Church) at 10:45am**

Instructor: Katrina Rotondi. A "heart-healthy," aerobic-type workout. Wear comfortable clothes, bring hand weights. **Fee:** \$40 (Sept-Nov)

#### **ZUMBA- Tuesday October 1, 8, 15, 22, 29 (St Irene) at 10:45-11:30am**

Taught by Zumba

Instructor Katrina Rotondi. **Fee:** \$40

#### **INTERGENERATIONAL Tap- (FRS Union Hall)**

**Thursday, October 3, 10, 24, 31, 1:00-2:00pm.** For everyone 12 and older. Instructor: Katrina Rotondi. **Fee:** \$25.00.

#### **Inside Walking at Carlisle Public School Gym**

**6:45-7:30am.** Enjoy walking around the school gym. Gym is not available when there is no school.

#### **TAI CHI- Tuesday October 1, 8, 15 at St Irene, 3:00pm**

No registration, just show up! A local senior is leading an informal group of **any age** in Tai Chi. Wear loose fitting clothing and soft soled shoes. Come enjoy this **FREE** program! Oct 22 & 29 stop by and exercise on your own while Jim is on hiatus.

#### **YOGA - Mondays (St. Irene) Session 1 October 7, 21, 28 Session 2 Nov 4-Dec 30 (no classes 11/11/12/23) from 9:30 - 10:30am**

**Fee:** \$105 for 7 wks. (\$35 for Carlisle seniors). Call (978) 369-9815. Checks payable to Carlisle Recreation Dept.

#### **SAMA EXERCISE CLASS - Fridays October 4, 11, 25 at 10:45am Clark Room**

SAMA (Senior Approach to Martial Arts) is an exercise class based on martial arts moves, to help keep joints and minds flexible while increasing balance. 50 and older are welcome. \$100/10wks.

#### **BALLROOM DANCING - Tuesdays (St Irene Church) - October 8, 15, 22, 29 at 2pm**

Wear leather-soled shoes. Old and new attendees welcome. **FREE** due to the generosity of our teachers, Barry Kasven and Cynthia Horn. Register at (978) 371-2895.

**Outside Walking, Central Park-9:30-11:30am Thursdays, start Oct 17.** Enjoy a moderate pace walk on Carlisle Trails (weather permitting). No signup needed, just show up! Info: call Jane Anderson (978) 369-9672.

### **Caregiver Support Group - Hollis Room of the Gleason Public Library**

**Wednesday, October 9, 3:30-5 pm Wednesday, November 13, 3-5pm; Monday, December 9, 3-5pm**

Anne Marie Rowse, BS, LNHA, CMC prin. of Senior Care Advisors, LLC, is a cert. geriatric care manager with over 25 years of experience in the field of health care. Anne Marie volunteered to facilitate a **free** Caregiver Support Group for those caring for aging loved ones experiencing challenges, including chronic diseases, stroke, heart and pulmonary disease, Alzheimer's dementia or related conditions, as well as current information for family members or elders themselves looking for health care information. She will provide information with life's transitions: requiring more support, understanding the medical maze, living with Alzheimer's and options. Info write [amarowse@charter.net](mailto:amarowse@charter.net).

**Immigration Series with Jason Giannetti, Esq.**  
**Wednesdays, October 2, and October 9, 1:30 p.m.**  
**Gleason Public Library Hollis Room**

This series of lectures aims at providing an understanding of the politics and mechanics of our immigration policy and law.

**October 2's** topic is Navigating the Labyrinth of the Current Immigration System. And on **October 9**, Professor Giannetti will discuss Proposed Changes to US Immigration Law and its Opposition, including both political and practical hurdles and the potential consequences.

Attorney Jason Giannetti has a JD degree from Boston College, a Masters of Theological Studies from Harvard Divinity School and a Masters of Near Eastern and Judaic Studies from Brandeis University. He has practiced immigration law for more than a decade and has taught at private and public colleges and universities in Massachusetts since 2001.

Please call (978) 369-4898 to reserve your spot for these free lectures, offered in partnership with Sage Educational Services, and sponsored by the Friends of the Carlisle Council on Aging's Lee Milliken Fund, and the Friends of Gleason Public Library.

**COA Respite Care Announcement**

The COA is seeking Carlisle caregivers who might need a break.

There's no substitute for you, but in order to be at your best you should probably take some time for yourself once in a while.

Through a new COA Respite Care pilot program, we are looking to support a few local caregivers who may not be able to afford to leave their loved one's in the care of a professional. The COA, through a grant, will pay for respite care on a limited basis over several weeks this fall. If you or another Carlisle resident would be interested in participating please contact the COA office at (978) 371-2895 or email directly to: [coadirector@carlisle.mec.edu](mailto:coadirector@carlisle.mec.edu).

**Community Conversations at Gleason Public Library Hollis Room 1:30-2:30pm**

**Perkins Braille and Talking Book Library**



**Gayle Yarnall, Adaptive Technology Specialist**  
**Tuesday, October 1**

The Perkins Braille and Talking Book Library provides audio and large print books as well as access to over 200 newspapers over the phone and audio described DVDs containing movies and TV shows. Gayle Yarnall will demonstrate the free, easy to use digital player and explain how all these services can be delivered to your home at no cost. All this in a format that is accessible **to anyone who can't read print or hold a book**. Gayle Yarnall is totally blind and has been a Talking Book Library patron for almost 50 years.



**Using Medical Home Oxygen Safely**  
**Linda Fantasia, Agent, Carlisle Board of Health and U.Mass Medical School**  
**Interns, Tuesday, October 15**

Medical Home Oxygen Use is a growing phenomenon in the senior population. Long term oxygen use is an important medical therapy but carries with it risks that you may not be aware of. The Carlisle Board of Health has invited a group of second year graduate nursing and medical students from the U. of Mass Medical School to increase awareness about the safe use of medical oxygen in the community. The students are interested in your experiences and knowledge and will provide safety tips. **Safe use of home oxygen is essential for the well-being of patients, families, firefighters/EMTs and home health workers.**



**Friday, October 18**  
**Flu Clinic-10am-12pm Town Hall**

Sponsored by the Carlisle Board of Health and support by the Carlisle COA. This clinic will provide this year's influenza vaccine to Seniors 65 and older. Nurses are provided by Emerson Home Care. No appointment is needed. **BRING YOUR MEDICARE CARD!** If you need a ride, call the COA van line (978) 371-6690. Homebound seniors, call (978) 371-2895 to arrange a home visit.



**Tuesday, October 22**  
**Hearing Evaluations**

Mass Audiology will be at Carlisle's Town Hall to provide free hearing evaluations starting at 11:00am. A hearing professional will check your ear canal and screen for hearing loss with an audiometer. Residents who have hearing aids can have them checked and batteries replaced. Call the COA at (978) 371-2895 by Tuesday, October 15 to schedule an appointment.

## **FOOD COURT & Miscellaneous Activities**



### **Monthly Coffee**

**Wednesday, October 2 at 9:00am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Lillian & Angelo DeBenedictis & Joan Sarcia.

### **"SENIOR MOMENTS" at Ferns**

**October 28th**  
**from 9:30-11am**



A casual drop-in for Carlisle seniors 60+. **FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to attendees for coffee. First come, first serve!

### **Men's Breakfast - Thursday, October 10 at 8am**

Held at the sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy cutter and helpers. **Suggest donations: \$3.**



### **Chelmsford Crossing/Minuteman Sr Lunch**

**Thursday, October 3 at 12noon**

Come to St. Irene Church for a delicious lunch (Salisbury steak, mushroom sauce, whipped sweet potato, niblet corn, rolls, and dessert) cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Register at (978) 371-2895 by noon, Thursday, September 26. **Suggested donation:\$3.**

### **Minuteman Regional Tech HS Lunch,**

**Tuesday, October 8 11:45am**

Call the COA by Thursday, October 3 at noon to make your choice from the following delicious meals created with great care by the culinary arts students at Minuteman:

- Rosemary skewered shrimp with rice pilaf and vegetable medley and lemon.
- Black pepper chicken with grilled asparagus, roasted fingerling potatoes.
- Vegetarian meal will be based on seasonal vegetables along with starch, chef's choice.

**Cost:** \$10 plus tip, payable at school.

### **Quarterly Breakfast at Nashoba Valley**

#### **Technical High School**

**Wednesday, October 30, 9am**

Cost: \$6.50, plus tip, payable at the door. Menu: choice of egg (scrambled, benedict, or omelet), bacon, sausage, sautéed potatoes, French toast, pastry, juice, coffee or tea. To register, please call the COA at (978) 371-2895 by Thursday, October 24 at noon. Call the van line at (978) 371-6690 at least two days in advance if transportation is needed.



### **Carlisle Community Book Club**

**Monday, October 7, 10:15am Hollis Room**

Behind the Scenes at the Museum by Kate Atkinson. For information contact Mary Zoll, (978) 369-5236.

### **Halloween Parade, Village Court**

**Thursday, October 31 10:30am**



Come by Village Court to see the Carlisle Public School children dressed up in their Halloween costumes!

### **Knitting in Service Society (KISS)**



KISS is a group of ladies who have been knitting since 2006 to benefit those in need. New members are welcome, or feel free to knit at home. Hats and scarves from easy to advanced, in any pattern, are knitted to be donated through Common Cathedral and given as Christmas presents. Knitted items to be donated will be brought into Boston by FRS members, and are due by November 1. Contact Angela at (978) 371-2895 with questions. Email frs@carlisle.org to be reminded of monthly meetings, Thursday nights 7:30-9:30, Oct 17, Nov 21, Dec 19, Jan 16, Feb 20, Mar 20, Apr 17, May 15, Jun 19. Call for locations.

**\*\*NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents only. Thank you. Please call the COA at (978) 371-2895 to register as noted.

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This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.

## **American Musical Theater with Richard Travers**

**Wednesdays, October 23 and 30 and November 6, 1:30 pm. Gleason Library Hollis Room**



Broadway has been the epicenter for Musical Theatre for almost 100 years. This three-part lecture will give an historical overview of the composers, performers and dancers of American Musical Theater, a close look at one of the most successful and respected Broadway composers of all time, and the musicals that were selected to receive the Pulitzer Prize.

- **October 23: American Musical Theatre:** The lecture will present an overview of the development of American Musical Theatre including Minstrel Shows, Ragtime, Vaudeville, George White's Scandals, operettas, the Golden Age, Disney, Juke Box and contemporary musicals. The great composers (a partial list includes Gershwin, Kern, Porter, Rodgers, Lloyd-Webber etc) will be discussed as well as the famous librettists (Hart, Hammerstein, Schwartz etc).
- **October 30: The Music of Stephen Sondheim:** This lecture is all about the music and creative process of the multiple award-winning Broadway composer Stephen Sondheim; from his beginnings in the classic West Side Story through such ground breaking musicals as Sweeney Todd, Into the Woods and A Little Night Music.
- **November 6: The Pulitzer Prize Winning Musicals:** Composers, songs and performers of the 8 musicals that have won the Pulitzer Prize will be presented and discussed.

Music Director Richard Travers earned a masters degree in Choral Conducting from the Boston Conservatory as a student of Allen Lannom and a degree in Music Education from Berklee College of Music. A music educator in the Newton Public Schools since 1976, Travers is the director of four choirs at Newton North High School, and has served as the Assistant Music Director of the Masterworks Chorale, Choral Director of Fitchburg State College, and Director of the New England Conservatory Youth Chorale. He has been the Music Director of the Newton Community Chorus from 1998 to the present. Travers recently completed his tenure as Music Director of the Rosie's Place Jazz Choir working closely with Kip Tiernan, founder of Rosie's Place. **Please call (978) 369-4898 to reserve your spot for these free lectures**, offered in partnership with Sage Educational Services, and sponsored by the Friends of the Carlisle Council on Aging's Rose Pullara Fund, and the Friends of Gleason Public Library.